

Chia seed porridge with yoghurt & berries

Serves 1
Prep time 5 minutes
Standing time at least 30 minutes
Carb count 14.8 g

EQUIPMENT

Serving bowl, whisk or fork, chopping board, knife, measuring jug

INGREDIENTS

125 ml ($\frac{1}{2}$ cup) almond milk or coconut milk
 30 g (2 tbsp) chia seeds
 stevia (or xylitol) to taste
 40 g (2 tbsp) natural, full-fat, unsweetened yoghurt
 2 g (1 tsp) cocoa powder
 15 g (1 tbsp) mixed nuts
 25 g ($\frac{1}{2}$ cup) fresh (or frozen) berries

METHOD

Add the milk, chia seeds and stevia to the bowl. Mix very well with the whisk or fork for 20 seconds, then let the mixture stand for 10 minutes and whisk again. Cover and place the bowl in the fridge for at least 30 minutes. A longer time, e.g. overnight, is better if you want a thicker porridge; if it comes out too thick, you can stir in a little more liquid.

Top the thickened porridge with the natural yoghurt and dust with cocoa. Top this off with the nuts and berries. If you like, add a teaspoon of shop-bought almond butter.

